



### Breastmilk or formula is all baby needs.

- Both have enough water for your baby. You don't need to give any extra water.



### Start infant cereal

- Feed all baby foods with a spoon.
- Start with rice cereal. Then try oatmeal and barley. Give wheat and mixed cereals after baby is 8 months old.



- Mix cereal with breastmilk, formula or water.
- Keep nursing or offering bottles 4 to 6 times a day.



### Add strained vegetables and fruits

- Start with plain, cooked vegetables.
- You can give store-bought poi now.



- Don't use mixed or creamed vegetables.
- After baby eats vegetables well, try plain fruits.
- Fruits desserts, pudding and custard have too much sugar. Baby doesn't need these.
- You can buy baby foods or mash up your own soft fruits and cooked vegetables.
- **Baby can try a cup now.** Offer some water, breastmilk or formula in a cup.



### Offer 100% fruit juice

- Give juice only in a cup. Juice in the bottle is bad for baby's teeth.



- Give juice once a day, and only 2 to 4 ounces.
- Use WIC juice (or other unsweetened, 100% fruit juice) diluted with water.
- Don't use fruit drinks, Kool-aid, or soda.
- Give drinks in a cup every day. Keep nursing or giving bottles 3 or 4 times a day.



### Add cooked chicken, fish, meats, cooked beans, tofu, egg yolks

- Use plain, strained baby meats. You can also mash or grind your own plain, cooked foods.

- Instead of buying mixed dinners, mix plain baby meats with plain fruits or vegetables.
- Wait until baby is 1 year old to give whole eggs or shellfish (like shrimp or crab).



### Add soft, chopped table foods

- Chop, shred, or grind regular foods for baby to try.
- Stay with baby as he or she tries each new food.
- Keep giving drinks in a cup. Offer fewer bottles.



### Offer finger foods

- Try small pieces of soft foods that baby can pick up.
- Let baby touch and play with foods to get used to them.

- Baby will make a mess! Be ready to clean up spills.
- Offer drinks in a cup with each meal and snack.
- Enjoy eating meals with your baby.



### Happy first birthday!

- Continue to breastfeed your baby as long as you would like.
- Bottle-fed babies need to stop bottles and drink everything from cups.

- Introduce whole milk in a cup instead of a bottle. This helps baby get more used to cups.
- Baby should eat soft, chopped table foods now. You don't need to buy baby foods anymore.



## Feeding Tips

- **Use a small spoon.** Don't put baby foods in a bottle or infant feeder.
- **Try 1 new food at a time.** Give one food for 4 or 5 days before trying the next new food.
- **Each food is a new taste.** Baby may have to try it 5 or 10 times before deciding it's good to eat.
- **Try making your own baby food.** Ask the WIC staff for more information.
- **Let baby make a mess.** It's fun and part of learning. Put a shower curtain under baby to catch spills.

## Health and Safety

- **Make sure baby tolerates each new food.** A rash, diarrhea, or throwing up could mean a food allergy. Stop giving that food, and talk to baby's doctor about trying it again when baby is older.
- **Put food in a small bowl.** Don't use the baby food jar as a serving dish.
- **Stir food after warming it up.** Serve it at room temperature, not hot.
- **Stay with baby all the time while eating.** Babies sometimes choke and gag on foods.
- **Salt, seasonings or sugar don't go in baby's food.**
- **Baby shouldn't have drinks with caffeine,** like coffee, tea or colas.
- **Raw fish, eggs or meats aren't safe for babies.**
- **Honey and corn syrup can make baby sick.** Don't give them or put in baby's foods until 1 year old.

## Good Eating Habits

- **Babies know when they're hungry and when they're full.** Offer food at regular times but also look for signs that baby is hungry or full.
- **Feed baby in the same place** whenever you can, like at the kitchen table.
- **Eating time is not play time.** Turn off the TV during meals. Don't bring toys to the table.

Some babies may have food allergies.

**Wait until baby is 1 year old to give:**

Whole eggs  
Cow's milk  
Chocolate  
Shellfish (like shrimp or crab)  
Peanut butter (wait until 3 years old)

**Babies can choke on some foods.**

**Wait until 3 years old to give:**

Nuts and seeds  
Whole grapes  
Fruits with seeds, pits, or peels  
Raisins and other dried fruits  
Corn  
Raw vegetables (especially carrots)  
Hot dogs, sausage, Vienna sausage  
Hard candies  
Marshmallows  
Chips, pretzels, popcorn  
Peanut butter

## Healthy Teeth

- Clean baby's gums or teeth after each meal. Use a soft, damp cloth, or a baby toothbrush with water.
- Don't put baby to bed with a bottle.
- Give juice in a cup, once a day.
- After 6 months, give fluoride supplements as recommended by baby's doctor.
- Don't give candies, sweets or desserts.
- Wean from bottles at 1 year old.
- Take baby to see the dentist after 1 year old.



Hawaii WIC Program/Department of Health  
Oahu: 586-8175 Neighbor Islands: 1-888-820-6425  
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# Feeding Your Baby The First Year

